



Private mental health services

If you have private insurance, you can purchase services directly from a private therapist, psychiatrist, community mental health center, or an acute inpatient facility.

If you are a member of a Health Maintenance Organization, call your customer service representative for details about your mental health coverage.

If you are a military family, contact your Tri-Care representative at 800-404-5076.

If your coverage has reached its limit or you have no insurance, you may be able to purchase services on a sliding fee scale.

Contact the Regional Support Network

serving your area for agencies offering services on a sliding fee scale. The Regional Support Networks are listed on the back of this brochure. You can also contact mental health agencies directly to inquire about sliding fee scales.

Washington Basic Health Plan

The Washington Basic Health Plan has some mental health benefits. Check with your medical plan for coverage:

Basic Health Plan	Telephone
Asuris Northwest Health Plan	866-240-9560
Columbia United Providers	800-315-7862
Community Health Plan of Washington	800-440-1561
Group Health	800-901-4636
Kaiser Foundation Health Plan	800-813-2000
Molina Healthcare of WA Inc.	800-869-7165
Premera Blue Cross Inc.	800-691-3072
Regence Blue Shield	800-560-5731

It is important that you check with your insurer for required authorizations before seeking any type of care for your child.

Crisis services

Crisis services are available to everyone through the public system at no charge. Even if you have private insurance, your child’s stay in a Children’s Long Term Programs facility will be publicly funded. See opposite page for details.

Regional Support Networks

Regional Support Network (RSN)	Phone Number	Crisis Line
Chelan and Douglas Counties.....	877-563-3678.....	800-852-2923
Clark County.....	877-563-3678.....	800-626-8137
Grays Harbor County.....	800-464-7277.....	800-685-6556
Greater Columbia Counties.....	800-795-9296.....	800-671-5437
Asotin.....	888-475-5665	
Benton-Franklin.....	800-548-8761	
Columbia.....	800-734-9927	
Garfield.....	888-475-5665	
Kittitas.....	509-925-9861	
Klickitat.....	800-572-8122	
Skamania.....	509-427-9488	
Walla Walla.....	509-522-4278	
Whitman (call collect).....	509-334-1133	
Yakima.....	800-671-5437	
King County.....	800-790-8049.....	866-427-4747
North Central Counties.....	800-251-5350	
Adams (call collect).....	509-488-5611	
Grant.....	877-467-4303	
Okanogan.....	866-826-6191	
Northeastern Counties.....	800-201-4250.....	800-767-6081
Ferry, Lincoln, Pend Oreille, Stevens		
North Puget Sound Counties.....	888-693-7200.....	800-584-3578
Island, Skagit, San Juan, Snohomish, Whatcom		
Peninsula Counties.....	888-693-7200	
East Clallam County.....	360-452-4500	
West Clallam County.....	360-374-5011	
Kitsap.....	800-843-4793	
East Jefferson County.....	800-659-0321	
West Jefferson County.....	360-374-5011	
Pierce County.....	800-531-0508.....	800-576-7764
Cowlitz County.....	877-400-7687.....	800-803-8833
Spokane County.....	800-273-5864.....	877-678-4428
Thurston and Mason Counties.....	800-624-1234.....	800-627-2211
Timberlands Counties.....	800-392-6298.....	800-392-6298
Lewis.....	800-559-6696	
Pacific.....	800-884-2298	
Wahkiakum.....	800-635-5989	
Mental Health Division.....	800-446-0259	
PO Box 45320		
Olympia, WA 98504-5320		
http://www1.dshs.wa.gov/mentalhealth/		



Mental Health Services
for
Children
and
Youth

Public Mental Health Services

If you receive Medicaid you are automatically enrolled in a mental health managed care plan called the *Regional Support Network (RSN)*. If you have no insurance, mental health services are available on a sliding fee scale. Call your RSN for providers offering services on a sliding fee scale.

If you receive Medicaid, you can only access mental health services from agencies authorized by the RSN. Outpatient and acute inpatient services must be authorized by the RSN serving your area. If you access services from a provider not authorized by the RSN, you may be financially responsible for the cost.

Crisis Services

If there is a life-threatening emergency, call 911. If your child is in a mental health crisis, call the appropriate crisis line for your county listed on the back of this brochure. Help is available twenty-four hours every day. Crisis line staff will assess the situation and, if necessary, evaluate your child.

Outpatient Services

Where you live determines which mental health agency will provide services to your child. Call your local RSN to request contact information for the mental health agency serving your area. Contact the agency for an appointment. Agency staff will evaluate your child to determine if your child has a mental illness and meets eligibility requirements for services.

Acute Inpatient Services

Acute inpatient services are provided in an emergency situation when your child is gravely disabled or is likely to do serious harm to self or others as a result of a mental illness. A Mental Health Professional (MHP) will evaluate your child’s condition and make that determination. To access this service, call the RSN crisis line. If there is a life-threatening situation, call 911.

Long-term Inpatient Services

Long-term inpatient care is the most restrictive psychiatric placement for children in this state. It is for children with the most severe and intensive mental health needs. Children eligible for long-term inpatient care must have exhausted all less restrictive options and meet federal and state guidelines for services. The RSN will work with you and your support system to decide if long-term inpatient care is warranted. Contact your RSN for more information.



How do I find Mental Health Services?

Public Outpatient Services

If your child is under the age of thirteen, your permission is required for treatment. If your child is thirteen or older, your child can request and receive treatment without your consent.

The vast majority of all mental health services are provided in the community on an outpatient basis. Increasingly, outpatient mental health treatment for children and youth is moving away from the traditional office visit.

- Services may be provided in more familiar settings such as home, school or while participating in other leisure time activities.
- Parents, and if appropriate the child, and

the therapist are developing service plans together. Service plans should meet the individual needs of your child and family.

- Service plans should include a mix of formal and informal services so your child can live a lifestyle as much as possible like other children.
- Parents are finding it effective to participate in support groups facilitated by other parents.

Treatment could also include:

- Talking with a therapist.
- Prescribing and monitoring medications.
- Group and family counseling sessions.
- Education on the disorder, resources, and other subjects of interest to families.
- Support groups and advocacy for families.
- Case management to help coordinate services.
- Referral to organizations in your community.
- Having a team to support your child and family.

Public Acute Inpatient Services

If an MHP decides that your child needs hospitalization, the MHP will assist you in locating an appropriate facility. If your child is under the age of thirteen, your child cannot be hospitalized without your permission.

Parent-initiated admissions:

You may bring your child age thirteen up to eighteen to an evaluation and treatment facility and request an evaluation to determine if your child has a mental disorder and is in need of inpatient treatment. The facility may or may not choose to evaluate your child. (RCW 71.34.052)

Voluntary hospitalization:

If your child is thirteen or older your child may seek voluntary admission to a hospital for treatment or change an involuntary admission to a voluntary admission without your permission. Even if you disagree with your child’s decision to seek treatment, it is to your child’s advantage if you support your child through this difficult time.

Involuntary hospitalization:

If it is determined that your child needs treatment and is not willing to be admitted, a County Designated Mental Health Professional can authorize your child be detained for up to seventy-two hours for evaluation and stabilization. If the facility decides that continued treatment is necessary, your child can voluntarily agree to further treatment or the facility can seek involuntary hospitalization. The facility can request a court hearing for an additional fourteen days of hospitalization. At the end of those fourteen days the facility may file a petition with the court for hospitalization up to 180 days.

Acute Psychiatric Facilities

Children’s Hospital Regional Medical Center 4800 Sand Point Way NE Seattle, WA 98105 206-987-2760 • toll free 866-987-2000	Lourdes Counseling Center 1175 Carondelet Dr. Richland, WA 99352 509-943-9104
Fairfax Hospital 10200 NE 132nd St. Kirkland, WA 98034 425-821-2000 • toll free 800-435-7721	Sacred Heart Medical Center 101 West Eighth Ave. Spokane, WA 99220 509-474-4818

Public Long-term Inpatient Services

Long-term inpatient care is not a solution but a beginning to your child’s road to recovery. Your support and participation in treatment will facilitate your child’s recovery and return home.

Long-term inpatient services are provided in five residential facilities known as the Children’s Long-Term Inpatient Programs (CLIP). Given that CLIP has the capacity to serve ninety-six children and youth at any one time, there is usually a wait before placement. Types of services provided include evaluation, medication, chemical dependency services, therapy, case management, parent support and advocacy.

A note to parents

Raising a child with an emotional, behavioral, or mental disorder is the most difficult job you will ever have. Don’t try to do this alone. Find other parents who have been there and understand the difficulties you are facing. They can give you information, ideas, emotional support, resources and assistance with finding your way through the system. Call:

SAFE WA at 1-866-300-1998, or
Mental Health Division 1-800-446-0259 ext. 3